y cerddwyr
ramblers cymru

CARDIFF RAMBLERS
CERDDWYR CAERDYDD

Cardiff Ramblers

Summer Walks Programme

April - September 2016



GENERAL INFORMATION

• MEETING POINTS

Saturdays: No fixed meeting point - please check Programme entries

Sundays: By the Sherman Theatre, Senghenydd Road, Cardiff CF24 4YE unless otherwise stated. Please check for variations.

Thursday evenings: as stated for each walk

Friday Strolls: generally inside Cardiff Central railway station, though check for rare exceptions.

Wednesdays: at rear of Ararat Centre, Whitchurch Common, Cardiff CF14 1PT

Where walks meet at the location, times are walk start times - please be early enough to kit up and leave on time.

• REFRESHMENTS Bring enough food and drink for coffee, lunch and tea breaks on full day walks.

• TRANSPORT COSTS Our Group encourages car sharing. Drivers often appreciate it when a voluntary contribution is made by passengers. As a guide, 10p per mile per passenger is considered an amount which reasonably covers the costs incurred by the driver.

• DOGS may be allowed by prior arrangement with the leader. When allowed, they must be under close control and on a lead through farmyards and fields containing animals. Guide dogs are welcome, but please check the suitability of the walk with the leader in advance. *Ramblers Civil Liability Insurance does not cover incidents involving dogs and owners must take responsibility for their dogs.*

• LARGE GROUPS For reasons of safety and enjoyment, large attendance at any walk may result in changes to the published programme.

• CHILDREN Walkers must be 18+ or accompanied by an adult holding parental responsibility. Unaccompanied walkers aged 15-17 are welcome (except on overnight stays) with a valid 15-17 Year Old Parental Consent Card, obtainable free from Ramblers main office, tel 020 7339 8500. Contact Committee Member to discuss.

• ACCIDENTS Incidents where outside assistance is required or where someone is injured and needs first aid/medical treatment (beyond just a plaster or antiseptic wipe) that occur on a Group walk must be reported to the walk leader, who must report the incident to our Group Secretary for inclusion in our Accident Book.

April

Fri 1st 10:00am	**Cardiff Central Strollers and the Pontypool Folly.** Note earlier meeting time. Catching X3 Stagecoach to Pontypool, bring bus fare/pass. There's an ascent to the Folly. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**C** mod **5m**/8km
Sat 2nd 10:00am	**Llanwynno Circular** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Leighton Hill tel:07469 880699	**B** mod **10m**/16km
Sun 3rd 9:00am	**Around the Blorenge** Arny Williams tel:07976 483329	**B** mod **12m**/19km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol y Felin Rhiwbina**	
Wed 6th 9:30am	**Above Tintern** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 6th 9:30am	**Blaencwm Waterfalls** Peter Gifford tel:029 2089 0168	**B** mod **11m**/18km
Wed 6th 9:30am	**Shell House and Folly.** *Meeting Walk Leader at Pontypool Leisure Centre* Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 6th 9:30am	**To Merthyr via Taff Trail: Stage 1 Cardiff Bay to Tongwynlais (done in reverse)** Catching bus from Ararat to Tongwynlais for linear walk to Cardiff Bay. Bring bus fare/pass. Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Fri 8th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth.*	
Sat 9th 2:00pm	**Saturday Afternoon Walk: Radyr Woods & Glamorgan Canal** *Meet: Radyr railway station* Robert Jewels tel:029 2055 3843	**D** leis **5m**/8km
Sun 10th 9:00am	**Blaen y Glyn** Gillian Masters tel:029 20615094	**A** stren **13m**/21km
Wed 13th 9:15am	**Escape to Parc Penallta & Eglwysilan Common.** *Meet: Walk Leader on 0916 Rhymney train from Cardiff Central (or catch train on route: Heath High Level 0925; Lisvane 0930); or 0950 at Ystrad Mynach railway station for start of walk. Walk Leader will be joining the train at Heath High Level.* Claire Edwards tel:029 2075 6493	**B** mod **10m**/16km

April

Wed 13th 9:30am	**Cwmdu to Crickhowell.** Linear car share. Moderate pace. Registered Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**B** stren **15m**/24km
Wed 13th 9:30am	**Caerwent** Nigel Clifton tel:029 2040 0287	**C** leis **7m**/11km
Wed 13th 9:30am	**Eddie's Smiler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 15th 11:00am	**Cardiff Central Strollers visit Cardiff Bay & Wetlands.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 16th 10:30am 	**Family Friendly Walk: Newport Wetlands.** Bring your binoculars and see what you can in RSPB Nature Reserve. *Meet: in lobby of Newport Wetlands Centre, West Nash Road, Nash NP18 2BZ.* Maire Kite tel:029 2062 1096	**D** easy **4m**/6km
Sun 17th 9:00am	**Tor y Foel and the Chartist Cave** A steep climb for fine views plus a remote valley, a prehistoric cairn and, of course, the cave. Diane Davies tel:02920 752464	**A** stren **12m**/19km
Wed 20th	**Additional walk welcome. Contact Gwyn Lewis (07910 595265)**	
Wed 20th 9:30am	**Cwm Garw & Cwm Ogwr Fawr** Arny Williams tel:07976 483329	**A** stren **12m**/19km
Wed 20th 9:30am	**Pen y Fan (at your own pace)** Gwyn Lewis tel:07910 595265	**B** mod **6m**/10km
Wed 20th 9:30am	**Caerphilly Mountain** Bette Griffiths tel:029 2056 2041	**C** mod **7m**/11km
Fri 22nd 11:00am	**Cardiff Central Strollers feed the seal at Victoria Park.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 23rd 10:00am	**Penarth Heights & Barrage.** *Meet: at Channel View Leisure Centre, Grangetown* Gwyn Lewis tel:07910 595265	**D** leis **7m**/11km
Sun 24th 9:00am	**Big and little Skirrid** The two peaks from Abergavenny Stuart Neil tel:02920 389272	**B** mod **11m**/18km

April

Wed 27th 9:30am	**Dolygaer** Barry Southwell tel:029 2051 3082	**B** stren **12m**/19km
Wed 27th 9:30am	**Cwm Du & Fran Frynach from Brecon Mountain Centre** Claire Edwards tel:029 2075 6493	**B** mod **10m**/16km
Wed 27th 9:30am	**Usk & Coed y Paen** George Sheldrick tel:029 2062 3731	**C** mod **11m**/18km
Wed 27th 9:30am	**To Merthyr via Taff Trail: Stage 2 Tongwynlais to Pontypridd.** Catching bus to Tongwynlais for linear walk to Pontypridd. Bring bus fare/pass. Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Fri 29th 11:00am	**Cardiff Central Strollers search for bluebells in Parc Cefn Onn.** Catching train to Lisvane railway station. Bring fare / bus pass / rail card. *Meet: inside Cardiff Central railway station near the Information Booth.* Graeme Milnes tel:029 2062 7553	**C** leis **5m**/8km
Sat 30th	**Glamorgan Area organised St Illtud's Walk: Stage 1: Pembrey to Furnace.** Moderate 12 mile linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date.	
Sat 30th 9:30am	**Merthyr** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Gwyn Lewis tel:07910 595265	**C** leis **8m**/13km

May

Sun 1st 9:00am	**Walk TBA** Volunteer leeder needed. Watch out for a walk on the website and email bulletin.	**A** stren
Sun 1st 10:30am 	**Family Friendly Walk: Cefn Onn Bluebell Hunt.** Experience a sea of bluebells. *Meet: at Parc Cefn Onn car park.* Jim Riley tel:029 2052 9993	**D** easy **3m**/5km
Tue 3rd 7:30pm	**Social evening: Butchers Arms in Heol y Felin Rhiwbina**	
Wed 4th 9:30am	**Bluebell Walk** Linear walk using bus Rhiwderin to Caerphilly. Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**A** stren **16m**/26km
Wed 4th 9:30am	**Grwyne Fawr Valley taking in Crug Mawr & Bel Mawr.** Contact Walk Leader if going direct to start (10.30am at Pont Cadwgan Forestry Car Park (SO 266 251). Moderate pace. Steve Burge tel:0771 504380 / 029 2073 4359	**A** mod **11m**/18km

May

Wed 4th 9:30am	**Blackvein & Machen Mountain** *Meeting Walk Leader at Blackvein Road, Crosskeys.* Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 4th 9:30am	**Giant's Bite (Abercynon)** Mike & Mary Sullivan tel:029 2049 2145	**C** leis **7m**/11km
Fri 6th 11:00am	**Cardiff Central Strollers explore Bute Park.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 7th 10:00am	**Porthkerry Village & Country Park.** *Meet: at Cold Knap sea front car park.* Larry Cody tel:01446 418606 / 07510 3532287	**C** leis **8m**/13km
Sun 8th 9:00am	**The Garth, Craig yr Allt and Caerphilly Mountain** Leighton Hill tel:07469 88069	**A** mod **13m**/21km
Wed 11th 9:30am	**Llangynidr** Robert Smith tel:029 2088 0305	**A** stren **13m**/21km
Wed 11th 9:30am	**Margam & Mynydd Brombil** Nigel Williams tel:07749 426866	**B** mod **9m**/15km
Wed 11th 9:30am	**North Gower** Alan Parry tel:029 2041 9584	**C** mod **10m**/16km
Wed 11th 9:30am	**Eddie's Smiler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 13th 10:00am	**Cardiff Central Strollers on Tour: Rhondda Heritage Centre.** Note earlier meeting time. Catching bus to Pontypridd to walk to Centre, bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 14th 10:00am	**Glamorgan Area Walk hosted by Merthyr Group.** Choice of walks (5, 8 & 15 miles) from Cyfarthfa Castle, Merthyr. Contact Gwyn Lewis (07910 595265) for more info, *Meet: Cyfarthfa Castle, Merthyr*	
Wed 18th 8:30am	**Coach Trip: Wales Coastal Path, Llanelli** Choice of linear walks (8 or 12 miles) from Pembrey Country Park to Llanelli, organised by Wyn Rosser & Pat Simpson. Contact Wyn (07811 464955) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Advance booking essential. Fare eight pounds.	

May

Fri 20th 11:00am	**Cardiff Central Strollers head for Penarth Pier.** Linear walk, catching bus or train back. Bring fare/rail card/bus pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 21st	**Glamorgan Area organised St Illtud's Walk: Stage 2: Furnace to Pontarddulais.** Moderate 9 mile linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date.	
Sat 21st 10:00am	**Parc Slip Country Park (Bridgend)** *Meet: at Ararat Centre, Whitchurch* Mike & Mary Sullivan tel:029 2049 2145	**D** leis **6m**/10km
Sun 22nd 9:00am	**Walk TBA** Volunteer leeder needed. Watch out for a walk on the website and email bulletin. CARE: date of 2016 Velothon Wales which will close many Cardiff roads. Best to meet away from City Centre. *Meet: To be announced*	**A** stren
Wed 25th 9:30am	**Ups & Downs of Gower** 1 Hill and 3 Downs. Car park charge applies. Gwyn Matthews tel:07773 688492	**B** stren **12m**/19km
Wed 25th 9:30am	**Llanthony - Ridge & Valley** Wyn Rosser tel:029 2073 1272/ 07811 464955	**B** mod **10m**/16km
Wed 25th 9:30am	**Fox & Hounds (St Brides)** George Baker tel:029 2019 5389	**C** mod **8m**/13km
Wed 25th 9:30am	**Caerleon** Nigel Clifton tel:029 2040 0287	**C** leis **8m**/13km

May 27 - June 6 Cardiff Ramblers Trek: Anglesey Coast Path.A 120 mile route around the island. Fully booked. Anyone interested in future long distance treks should contact Roma Whiteley (029 2075 2680) to register their interest.

Fri 27th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth.*	
Sat 28th 10:00am	**Rhymney River** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Leighton Hill tel:07469 880699	**C** leis **7m**/11km
Sun 29th 9:00am	**Walk TBA** Volunteer leeder needed. Watch out for a walk on the website and email bulletin.	

June

Wed 1st 9:30am	**Pengenfordd - Troed, Waun Fach, Y Grib** Kathryn Bennett tel:029 2056 2703	**A+** stren **14m**/23km
Wed 1st 9:30am	**Ochrwyth & Castell Meredydd.** *Meeting Walk Leader at Blackvein Road, Crosskeys.* Maggie Thomas tel:01495 273057	**C** mod **10m**/16km
Wed 1st 9:30am	**Llandegfedd & Llangibby** Geoff Trinick tel:029 2049 5016	**C** mod **9m**/15km
Wed 1st 9:30am	**Cwm Camlais (from Mountain Centre)** Bette Griffiths tel:029 2056 2041	**C** mod **8m**/13km
Thu 2nd 7:00pm	**Thursday Evening Walk: Taff Trail & Fforest Fawr Circular.** *Meet: at Taffs well railway station car park.* Jody Hill tel:07846 590440	**C** mod **5m**/8km
Fri 3rd 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth.*	
Sat 4th 9:30am	**Oxwich Bay & Port Eynon** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Leighton Hill tel:07469 880699	**B** mod **8m**/13km
Sun 5th 9:00am	**Brechfa pool** Soo Turnbull tel:01874 622136	**A** mod **15m**/24km
Tue 7th 7:30pm	**Social evening: Butchers Arms in Heol y Felin Rhiwbina**	
Wed 8th 9:30am	**Sirhowy Valley** Arny Williams tel:07976 483329	**A** stren **12m**/19km
Wed 8th 9:30am	**To Merthyr via Taff Trail: Stage 3 Pontypridd to Merthyr.** Catching bus to Pontypridd for linear walk to Merthyr. Bring bus fare/pass. Gwyn Lewis tel:07910 595265	**D** mod **13m**/21km
Wed 8th 9:30am	**Dinas Powys & Swanbridge** Nigel Williams tel:07749 426866	**D** mod **9m**/15km
Wed 8th 9:30am	**Eddie's Smiler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Thu 9th 7:00pm	**Thursday Evening Walk: Caerphilly Mountain Circular.** *Meet: at Caerphilly Mountain car park.* Jody Hill tel:07846 590440	**C** mod **5m**/8km

June

Fri 10th 10:00am	**Cardiff Central Strollers on Tour: Porthcawl** Note earlier meeting time. Catching X2 bus from Wood Street (outside Tesco Express). Bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 11th 10:30am	**Llantwit Major** *Meet 10.30am at Llantwit Major railway station car park. Train from Cardiff Central (9.41am) arrives Llantwit Major 10.21am.* Larry Cody tel:01446 418606 / 07510 3532287	**D** leis **7m**/11km
Sat 11th 11:00am 	**Family Friendly Walk: Castell Coch** Come and see the Bear's Cave and the Sculpture park. *Meet: at Fforest Fawr car park, one mile beyond Castell Coch gates up hill on the left.* Eddie Thomas tel:029 2061 1235	**D** easy **3m**/5km
Sun 12th 9:00am	**Walk TBA** Volunteer leeder needed. Watch out for a walk on the website and email bulletin.	
Wed 15th 8:30am	**Coach Trip: Mere & the South Wiltshire Downs.** Choice of walks organised by Kath Edwards. Contact Kath (029 2051 2609) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Advance booking essential. Fare nine pounds.	
Thu 16th 7:00pm	**Thursday Evening Walk: Park Cefn Onn.** *Meet: at Lisvane railway station.* Graeme Milnes tel:029 2062 7553	**C** mod **4m**/6km
Fri 17th 11:00am	**Cardiff Central Strollers explore Cathays Cemetery.** Catching bus to Cathays Library. Bring bus fare/pass, *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Sat 18th	**Glamorgan Area organised St Illtud's Walk: Stage 3: Pontarddulais to Mynydd y Betws** Moderate 8 mile linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date.	
Sat 18th 10:00am	**Nant Fawr Corridor** *Meet: at Scott Memorial, Roath Park.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 19th 9:00am	**Waterfall country from Pontneddfechan** Leighton Hill tel:07469 88069	**B** mod **11m**/18km

June

Wed 22nd 9:30am	**Mid-Summer Gathering: Llanthony Priory** Choice of Moderate walks starting/finishing at Llanthony Priory led by Marilyn Woods, Jude Corr & Wyn Rosser. Option to mix&match walks. Meet at Ararat for car sharing, Contact Marilyn 01873 831106 for further details.	
Thu 23rd 7:00pm	**Thursday Evening Walk: ASDA Mountain & Beyond** *Meet: outside ASDA, Ferry Road, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km
Fri 24th 11:00am	**Cardiff Central Strollers go around the Bay (the Full Monty).** Options to leave walk early and return to Cardiff Central by bus. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **8m**/13km
Sat 25th 10:00am	**Mynydd Illtud from Brecon Beacons Visitor Centre** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**D** mod **6m**/10km
Sun 26th 9:00am	**Felindre and Y Grib** Direct ascent of the north slope of the Black Mountains and a visit to historic Llanelieu Diane Davies tel:02920 752464	**A** mod **10m**/16km
Wed 29th 9:30am	**Grwyne Fawr** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 29th 9:30am	**Parc Slip (Bridgend)** Peter Gifford tel:029 2089 0168	**C** mod **10m**/16km
Wed 29th 9:30am	**Mynydd Illtud and up & down Cwm Camlais (Brecon Mountain Centre)** Contact Walk Leader if going direct to start. Maire Kite tel:029 2062 1096	**C** mod **8m**/13km
Wed 29th 9:30am	**Wenvoe** Bette Griffiths tel:029 2056 2041	**C** mod **7m**/11km
Thu 30th 7:00pm	**Thursday Evening Walk: Cardiff Wetlands.** *Meet: outside Millennium Centre, Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **4m**/6km

July

Fri 1st 11:00am	**Cardiff Central Strollers circle Llandaff Cathedral.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 2nd 9:30am	**Sgwd Gwladus & the Horseshoe Falls.** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Leighton Hill tel:07469 880699	**B** mod **7m**/11km

July

Sun 3rd 9:00am	**Raven Walk** Roma Whiteley tel:02920 752680	**B** mod **12m**/19km
Tue 5th 7:30pm	**Social evening: Butchers Arms in Heol y Felin Rhiwbina**	
Wed 6th 8:45am	**Wednesday Leaders' "Breakfast" Autumn/Winter 2016/17 Walks Programme Launch.** 8.45 - 9.15am at Ararat Centre, Whitchurch. Tea & Biscuits. Contact Gwyn Lewis 07910 595265 for more info.	
Wed 6th 9:30am	**Cerrig Gleisiad - Fan Llia - Sarn Helen - Fan Frynach** Jim Riley tel:07799 755121	**A** stren **13m**/21km
Wed 6th 9:30am	**Pontsticill Circular** Wyn Rosser tel:029 2073 1272/ 07811 464955	**B** mod **10m**/16km
Wed 6th 9:30am	**Aylburton Woodlands** Geoff Trinick tel:029 2049 5016	**C** mod **8m**/13km
Wed 6th 9:30am	**Eddie's Smiler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Thu 7th 7:00pm	**Thursday Evening Walk: Bute Park.** *Meet: outside National Museum, Cathays.* Graeme Milnes tel:029 2062 7553	**D** leis **4m**/6km
Fri 8th 10:00am	**Cardiff Central Strollers on Tour: Caerphilly.** Note earlier meeting time. Catching bus to Taffs Well for linear walk to Caerphilly. Bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 9th 10:00am	**Llantwit Major to Rhoose** Linear walk. Either meet 10am at Rhoose railway station; or catch 9.41am train from Cardiff Central (or on route eg Cogan 9.48am) to Llantwit Major. Walk Leader will join train at Rhoose. *Meet: Rhoose railway station* Su Green tel:07954 139946	**D** mod **10m**/16km
Sun 10th 9:00am	**Rhiwderin and Bassaleg** *Meet leader in Rhiwderin Village centre* John Newton tel:01633 440999	**C** mod **11m**/18km
Sun 10th 10:30am 	**Family Friendly Walk: Radyr Weir** Looking for butterflies and watching the Archimedes screw working at Radyr Weir. *Meet: at Radyr railway station car park.* Maire Kite tel:029 2062 1096	**D** easy **3m**/5km

July

Wed 13th 8:30am	**Coach Trip: Elan Valley** Choice of walks organised by Martin Bye & Vic Chambers. Contact Martin (029 2075 6616) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Advance booking essential. Fare nine pounds.	
Thu 14th 7:00pm	**Thursday Evening Walk: Dinas Powys & White Farm Ice House.** *Meet: at entrance to woods Pen y Turnpike Road, opposite Millbrook Road.* Su Green tel:07954 139946	**D** leis **5m**/8km
Fri 15th 11:00am	**Cardiff Central Strollers take Canal Park to the Bay.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 16th 10:00am	**Craig yr Allt** *Meet: at Taffs Well railway station.* Gwyn Lewis tel:07910 595265	**C** leis **7m**/11km
Sun 17th 9:00am	**Trallong** Circuit of the Nant Bran Soo Turnbull tel:01874 622136	**A** mod **16m**/26km
Wed 20th 9:00am	**Wotton under Edge. Cam down and Uley** Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Malcolm Winney tel:029 2062 8861	**A** stren **15m**/24km
Wed 20th 9:30am	**Iron Mountain Trail Blaenavon** Gwyn Lewis tel:07910 595265	**B** mod **11m**/18km
Wed 20th 9:30am	**Vale of Usk - Goytre Wharf Circular** Graeme Milnes tel:029 2062 7553	**C** mod **11m**/18km
Wed 20th 9:30am	**Nash/Goldcliff** *Meeting Walk Leader at Newport Wetlands Centre.* John Newton tel:01633 440999	**D** mod **8m**/13km
Thu 21st 7:00pm	**Thursday Evening Walk: Nant Fawr Corridor.** *Meet: at Wild Gardens Road, Roath Park.* Diane Davies tel:029 2075 2464	**D** leis **5m**/8km
Fri 22nd 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth.*	
Sat 23rd	**Glamorgan Area organised St Illtud's Walk: Stage 4: Mynydd y Betws - Pontardawe.** Moderate 10 mile linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date.	

July

Sat 23rd 10:00am	**Barry** *Meet: at Cold Knap beach car park.* Gwyn Lewis tel:07910 595265	**C** leis **6m**/10km
Sun 24th 9:00am	**More Cotswolds villas and hill forts** From Great Witcombe roman villa to Painswick and returning on the Cotswold Way (with optional cheese rolling) Stuart Neil tel:02920 389272	**B** mod **12m**/19km
Wed 27th 9:30am	**Crai & Defynnog** Claire Britton tel:07973 847908	**A** stren **14m**/23km
Wed 27th 9:30am	**Henllys Vale** *Meeting Walk Leader at Fourteen Locks Canal Centre.* John Newton tel:01633 440999	**C** mod **12m**/19km
Wed 27th 9:30am	**Castell Coch, Forest Fawr, Rhiwbina Hill** Peter Bryant tel:07954 139079	**C** mod **7m**/11km
Wed 27th 9:30am	**Gower: Oxwich to Foxhole Slade** Alan Parry tel:029 2041 9584	**D** mod **13m**/21km
Thu 28th 7:00pm	**Thursday Evening Walk: Llandaff Taff Trail** *Meet: at Llandaff Village Green.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 29th 11:00am	**Cardiff Central Strollers tackle ASDA Mountain.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 30th 10:00am	**Tintern Abbey - Madgett Hill - Old Station.** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**D** mod **6m**/10km
Sun 31st 9:00am	**Parc Cwm Darren** Rob Jewels tel:029 20553843	**B** mod **12m**/19km

August

Tue 2nd 7:30pm	**Social evening: Butchers Arms in Heol y Felin Rhiwbina**	
Wed 3rd 9:30am	**Cwmdu & Mynydd Llangorse.** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**B** stren **13m**/21km
Wed 3rd 9:30am	**Senghenydd Dyke** Peter Gifford tel:029 2089 0168	**B** mod **10m**/16km
Wed 3rd 9:30am	**Parc Cwm Darran** Rob Jewels tel:029 2055 3843	**C** mod **9m**/15km

August

Wed 3rd 9:30am	**Bridgend Common** George Baker tel:029 2019 5389	**C** mod **8m**/13km
Thu 4th 7:00pm	**Thursday Evening Walk: Radyr Woods.** *Meet: at Radyr railway station.* Rob Jewels tel:029 2055 3843	**D** leis **4m**/6km
Fri 5th 10:45am	**Cardiff Central Strollers: Sully to Cosmeston Lakes.** Note earlier meeting time. Catching Cardiff Bus 94 from Wood Street (outside Tesco Express) to Sully for linear walk. Bus back to Cardiff from Cosmeston. Bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 6th 10:00am	**Lavernock Nature Reserve & Penarth Pier** *Meet: at Cosmeston Lakes car park.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 7th 9:00am	**Pen Cerrig Calch** Gillian Masters tel:029 20615094	**A** stren **13m**/21km
Wed 10th 9:30am	**Tafarn y Garreg - Carreg Yr Ogof** Jim Riley tel:07799 755121	**A+** stren **13m**/21km
Wed 10th 9:30am	**Cat's Back (Black Mountains)** Marilyn Woods tel:01873 831106	**B** mod **9m**/15km
Wed 10th 9:30am	**Twyn yr Oerfel.** *Meeting Walk Leader at Pont Lawrence, Cwmfelinfach.* Maggie Thomas tel:01495 273057	**C** mod **8m**/13km
Wed 10th 9:30am	**Eddie's Smiler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Thu 11th 7:00pm	**Thursday Evening Walk: Dinas Powys & St Andrews Ridge** *Meet: at entrance to woods Pen y Turnpike Road, opposite Millbrook Road.* Su Green tel:07954 139946	**D** leis **5m**/8km
Fri 12th 10:00am	**Cardiff Central Strollers on Tour: Merthyr & Cyfarthfa Castle.** Note earlier meeting time. Catching Stagecoach X4/T4 to Merthyr. Bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 13th 8:30am	**Coach Trip: Malvern Hills** Choice of walks organised by Leighton Hill. Contact Leighton (07469 880699) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Advance booking essential. Fare ten pounds.	

August

Sun 14th 11:00am 	**Family Friendly Walk: Pen y Fan** Join this popular climb to the highest peak in South Wales. Bring some water and warm clothing. *Meet: Pont ar Daf car park just south of Storey Arms, Brecon Beacons on A470* Calum Taylor tel:029 2061 3909	**C** mod **4m**/6km
Wed 17th 9:30am	**Dragons Back** Claire Britton tel:07973 847908	**A** stren **12m**/19km
Wed 17th 9:30am	**Upper Chapel** Moderate pace. Registered Assistance Dogs Only by prior arrangement with the Walk Leader. Wendy Winney tel:029 2062 8861	**B** mod **12m**/19km
Wed 17th 9:30am	**The Other Llantrisant (near Usk)** George Sheldrick tel:029 2062 3731	**C** leis **9m**/15km
Wed 17th 9:30am	**Sirhowy Country Park** Bryn Ennis tel:029 2075 1919	**C** leis **9m**/15km
Thu 18th 7:00pm	**Thursday Evening Walk: Taffs Well & Nantgarw Circular** *Meet: at Taffs Well railway station.* Jody Hill tel:07846 590440	**C** mod **5m**/8km
Fri 19th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth.*	
Sat 20th 10:00am	**Radyr - St Fagans Circular** *Meet: at Radyr railway station.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sun 21st 9:00am	**Blaengarw and Mynydd Llangeinwyr** A walk from Parc Calon Lan in the Garw Valley Diane Davies tel:02920 752464	**B** mod **10m**/16km
Wed 24th 9:30am	**Oxwich Bay & Cefn Bryn** Gwyn Matthews tel:07773 688492	**B** stren **13m**/21km
Wed 24th 9:30am	**Rhymney River Circular** *Meeting Walk Leader at Machen Village car park.* John Newton tel:01633 440999	**C** mod **12m**/19km
Wed 24th 9:30am	**Llantwit Major Circular** Mike & Mary Sullivan tel:029 2049 2145	**C** leis **7m**/11km
Wed 24th 9:30am	**Cheltenham Walk** Catching 9.45am train from Cardiff Central to Cheltenham Spa. Bring train fare/rail card. Arrive early to arrange Group Discount ticket. *Meet: at Cardiff Central railway station.* Janet Fisher tel:029 2075 9402	**D** leis **9m**/15km

August

Thu 25th 7:00pm	**Thursday Evening Walk: Round Cardiff Bay.** *Meet: outside Millennium Centre Cardiff Bay* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Fri 26th 11:00am	**Cardiff Central Strollers go canalside to the Bay.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Sat 27th 10:00am	**Pontypool - Canal - Roman Road- Folly Tower** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Paul (T) tel:029 2036 1766	**B** stren **6m**/10km
Sun 28th 9:00am	**Ebbw Valley & Cefn yr Arail** Roma Whiteley	**B** mod **12m**/19km
Wed 31st 9:30am	**Erwood** Robert Smith tel:029 2088 0305	**A** stren **14m**/23km
Wed 31st 9:30am	**Rhyswg & Gwyddon** *Meeting Walk Leader at Lower Car Park Cwmcarn Forest.* Maggie Thomas tel:01495 273057	**C** mod **10m**/16km
Wed 31st 9:30am	**Taff Bargoed** Nancy Hooper tel:029 2061 6631	**C** mod **8m**/13km
Wed 31st 9:30am	**Penhow - Parc Seymour** Graeme Milnes tel:029 2062 7553	**C** mod **7m**/11km

September

Fri 2nd	**Ramblers Walks Festival September 2 -11**	
Fri 2nd 11:00am	**Cardiff Central Strollers visit Central Cardiff Parks & Gardens.** *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 3rd	**Glamorgan Area organised St Illtud's Walk: Stage 5: Pontardawe to Resolven.** Moderate 10 mile linear walk including coach journey. Booking advisable - coach ticket cost TBA. Contact Gwyn Lewis (07910 595265) for details nearer the date. Stages 6 : Resolven to Afan Argoed & Stage 7: Afan Argoed to Margam Country Park will be undertaken in 2017.	
Sat 3rd 10:00am	**Cardiff Bay Trail** *Meet 10am outside Millennium Centre Cardiff Bay, or 10.30am at Channel View Leisure Centre, Grangetown* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km

September

Sun 4th 9:00am	**Machen, Waterloo, Rudry, Draethen** *Meet leader at Machen Village car park* John Newton tel:01633 440 999	**C** mod **12m**/19km
Sun 4th 10:30am 	**Family Friendly Walk: Dunraven Bay at Southerndown.** Explore the gardens, romp on the beach and collect fossils and shells. *Meet: at Dunraven Bay Beach car park (Southerndown)* Linda Hodgson tel:029 2084 3179	**D** easy **3m**/5km
Tue 6th 7:30pm	**Social evening: Butchers Arms in Heol y Felin Rhiwbina**	
Wed 7th 8:30am	**Coach Trip: Cotswold Spectacular Part 1: Moreton in Marsh** Choice of walks organised by Wendy Winney. Contact Wendy (029 2062 8861) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Advance booking essential. Fare ten pounds.	
Fri 9th 11:00am	**Cardiff Central Strollers on Tour: Tongwynlais to Whitchurch.** Linear walk catching bus to Tongwynlais. Bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Graeme Milnes tel:029 2062 7553	**D** leis **5m**/8km
Sat 10th 9:30am	**Cwmtillery** *Meet: at rear of Ararat Centre, Whitchurch, for car sharing.* Su Green tel:07954 139946	**C** mod **8m**/13km
Sun 11th 9:00am	**Tintern and St Briavels** Ups and downs on both banks of the Wye Valley Stuart Neil tel:02920 389272	**A** stren **13m**/21km
Wed 14th 9:30am	**Goytre Wharf** Ian Plamer tel:029 2070 1204	**A** stren **12m**/19km
Wed 14th 9:30am	**St Mary's Vale (Abergavenny)** Alan Parry tel:029 2041 9584	**B** mod **10m**/16km
Wed 14th 9:30am	**Pendoylan** George Sheldrick tel:029 2062 3731	**C** mod **10m**/16km
Wed 14th 9:30am	**Eddie's Smiler Walk** Car sharing to local start point to be announced on the day at Ararat. Eddie Thomas tel:029 2061 1235	**D** leis **5m**/8km
Fri 16th 11:00am	**Cardiff Central Strollers: Guest Leader** Details to be announced in Group's E Bulletin; or contact Gwyn Lewis (07910 595265) nearer the day. *Meet: inside Cardiff Central railway station near the Information Booth.*	

September

Sat 17th 10:00am	**Parc Cefn Onn** *Meet: at Parc Cefn Onn car park.* Gwyn Lewis tel:07910 595265	**C** mod **6m**/10km
Sun 18th 9:00am	**Sugar Loaf and Bryn Arw** Woods, ridges and two peaks north of Abergavenny Diane Davies tel:02920 752464	**A** mod **12m**/19km
Wed 21st 9:30am	**Port Einon to Rhossili** Car Park charge applies. Gwyn Matthews tel:07773 688492	**B** stren **13m**/21km
Wed 21st 9:30am	**West Aberthaw - East Orchard Castle** Nigel Clifton tel:029 2040 0287	**C** mod **11m**/18km
Wed 21st 9:30am	**Llanharan Ridgeway** Peter Bryant tel:07954 139079	**C** mod **8m**/13km
Wed 21st 10:00am	**Lavernock Nature Reserve & Penarth Pier** *Meet Walk Leader at Cosmeston Lakes car park* Gwyn Lewis tel:07910 595265	**D** leis **6m**/10km
Fri 23rd 11:00am	**Cardiff Central Strollers off to Roath Park.** Linear walk, catching bus back to Cardiff Central. Bring bus fare/ pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**D** leis **5m**/8km
Sat 24th 10:00am	**Garth Hill - Lan Farm** *Meet: at Taffs Well railway station car park.* Paul (T) tel:029 2036 1766	**B** mod **6m**/10km
Sun 25th 9:00am	**Cwm Garw and Cwm Ogwr** Arny Williams tel:07976 483329	**A** stren **12m**/19km
Wed 28th 8:30am	**Coach Trip: Preseli Mountains (Pembs)** Choice of rocky moorland walks organised by Alan Parry & Peter Gifford. Contact Alan (029 2041 9584) for walk details and Gwyn Lewis (07910 595265) for coach tickets. Leave 8.30am from Three Elms Pub, Whitchurch Common. Advance booking essential. Fare ten pounds.	
Fri 30th 10:45am	**Cardiff Central Strollers visit Dinas Powys.** Note earlier meeting time. Catching NAT 304 bus to Dinas Powys, bring bus fare/pass. *Meet: inside Cardiff Central railway station near the Information Booth.* Gwyn Lewis tel:07910 595265	**C** leis **5m**/8km

The inevitable changes to the Group's Walk Programme will be announced: on Group walks; via the Group email E-Bulletin (email gwynrambler@hotmail.co.uk to sign up for the E-Bulletin); and on the Group web page htp://www.cardifframblers.org.uk/ progcardiff.html.

Also see the Cardiff Ramblers page on Facebook for notices and photographs of our activites.

COMMITTEE MEMBERS

chairman	Nigel Clifton	02920 400287
secretary, countryside	Diane Davies	029 2075 2464
	9 Cyncoed Rise, Cyncoed, Cardiff, CF23 6SF	
	email secretary@cardifframblers.org.uk	
treasurer	Elaine Shellard	029 2076 1465
membership	Kathryn Bennett	029 2056 2703
	11 Bruton Place, Llandaff, Cardiff CF5 2ER	
rambles, footpaths	Gwyn Lewis	029 2090 2633 07910 595265
publicity	vacant	
publications	Mike Kohnstamm	029 2075 7642
Walk Talk	Gillian Masters	029 2061 5094
	Leighton Hill	07469 880699
	Roma Whiteley	029 2075 2680

HONORARY PRESIDENT: Tony Vinall

Previous holders

2014 - 15 Kath Edwards

2013 - 14 Michael Belton

2012 - 13 Eric Markland

2011 - 12 Val and Robin Hamilton

2010 - 11 Richard Garman

2009 - 10 John Isaacs

2008 - 09 Yvonne Weeding

Group Grading System

A+ : Over 3000 feet (900m.) of climbing
A : Over 2000 feet (600m.) of climbing
B : 1200 to 2000 feet (350 - 600m.) of climbing
C : 500 to 1200 feet (150 - 350m.) of climbing
D : Less than 500 feet (150m.) of climbing

Ramblers Grading System in brief

Easy : Slow pace, good surface, suitable for (almost) all.
Leisurely : Fair pace, may be hilly or muddy with stiles.
Moderate : Moderate pace, open hillsides, boots essential.
Strenuous : Brisk pace, steep climbs / rough country.

PLEASE NOTE:

Please make sure that you're fit enough to undertake the walk you intend to join. If you are unsure of your fitness level, try a short and easy walk first: it's much better to find a walk a little too slow and easy than to make yourself miserable and exhausted.

Most Ramblers' walks are off-road in rural areas. Please have suitable footwear and clothing for the walk you intend to join, and bring some food and drink, even if the walk includes a pub or cafe break. Leaders may refuse to accept participant(s) who in their opinion are inadequately equipped or unfit and for whom the walk is unsuitable. When in doubt, contact the organisers or the walk leader in advance.

For your own and others' safety please read and abide by any advice and guidelines issued by the organisers, and the instructions of the walk leader. Though walking is inherently one of the safest outdoor activities, no activity is completely without risk and it is your responsibility to behave sensibly and to minimise the potential for accidents to occur.

Accidents must be recorded in the accident book held by the group secretary.

The Ramblers' Association is a registered charity (England & Wales no 1093577, Scotland no SC039799) and a company limited by guarantee, registered in England & Wales (no 4458492).Registered office: 2nd floor, Camelford House, 87-90 Albert Embankment, London SE1 7TW

Mae Cymdeithas y Cerddwyr yn elusen cofrestredig, (rhif Cymru a Lloegr: 1093577, rhif yr Alban SC039799) ac yn gwmni cyfyngedig trwy warant, wedi ei gofrestru yng Nghymru a Lloegr (rhif cofrestru'r cwmni 4458492). Swyddfa Cofrestredig Cymdeithas y Cerddwyr: Ail lawr, Tŷ Camelford, 87-90 Glannau Albert, Llundain, SE1 7TW.